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Outline

- Definition
- Theories on Learning
 - Behaviouristic Theories
 - Cognitive theories
 - Social Learning Theory
- Using Learning Principles in Training

Learning

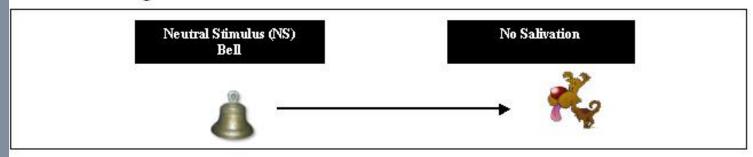
- A relatively permanent change in behaviour occurring as a result of experience.
- Learning leads to change in behaviour.
- The change in behaviour is not temporary.

Theories on Learning

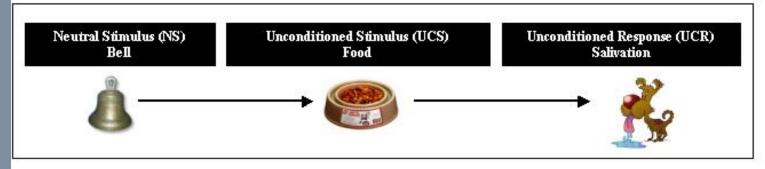
- Behaviouristic theories
 - Classical conditioning
 - Operant conditioning
- Cognitive theories
- Social learning theory

Classical Conditioning

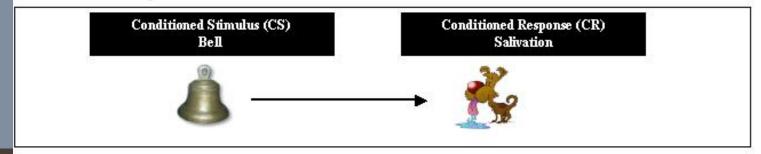
Before Conditioning



During Conditioning



After Conditioning





Operant Conditioning

- Also known as instrumental conditioning
- Antecedent Behaviour Consequence
- Law of effect (Thorndike): behaviours which are followed by desirable consequences will be strengthened and those leading to undesirable consequences will be weakened.

The operant Conditioning Process

- Positive reinforcement: the process by which people learn to perform behaviours that lead to the positive reinforcer (i.e. reward).
- Negative reinforcement (avoidance): process by which people learn to perform behaviours that will help them avoid undesirable consequences.
- Punishment: presenting an undesirable or aversive consequence in response to an unwanted behaviour.
- Extinction: the process through which responses that are no longer reinforced tend to gradually diminish in strength.

Using Punishment

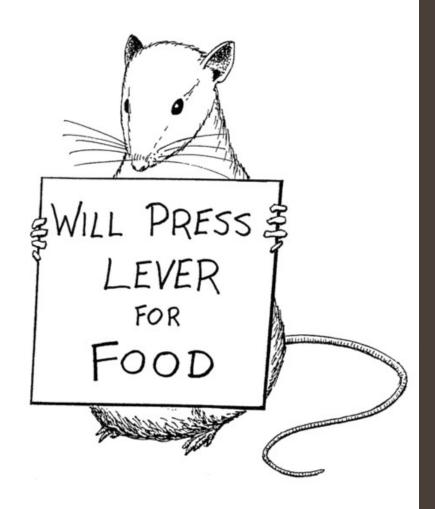
- Most used, least understood and badly administered.
- Punishment is a complex phenomenon.
- Should be carefully defined and used.
- Punishment can increase negative behaviour by paying attention to them.
- Punishment can lead to anxiety, aggression, depression, hatred etc.

Using Punishment...

- lt's a lose-lose approach.
- Based on threat and fear.
- Use red-hot-stove approach
 - Warn
 - Prompt
 - Consistent
 - Impersonal

Schedules of Reinforcement

- Patterns of administering rewards.
- Continuous reinforcement: all desired behaviours are reinforced.
- Partial reinforcement:
 - Fixed interval schedules
 - Variable interval schedules
 - Fixed ratio schedules
 - Variable ratio schedules



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Cognitive Theories

- Latent learning: learning which is not apparent in the learner's behavior at the time of learning, but which manifests later when a suitable motivation and circumstances appear.
- Cognitive map: an internal perceptual representation of external environmental features and landmarks.
- We form links between internal expectations and the external rewards. This link is strengthened if our choices are rewarded.

Observational Learning

- Also known as modelling or vicarious learning
- Learning through observing others experience.
- Steps
 - Paying attention
 - Good retention
 - Behavioural reproduction
 - Motivation

Using learning principles in training

- Motivate participation
- Periodical training programs
- Provide opportunities to transfer knowledge
- Provide feedback
- Role models and mentoring